

**BELLY BUTTON
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EVEN BETTER {page 16}



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NEIGHBOUR**
JESSICA NAPIER TALKS
CO-EXISTENCE {page 8}



**MADGE
PREPARING FOR
FINAL TOUR?**
GLEE MAY JOIN {page 12}



OTTAWA

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Tuesday, February 1, 2011
www.metronews.ca



News worth sharing.

Ice. Koi



► Japanese master ice sculptors Junichi Nakamura and Sam Terada work on their focal point sculpture at Confederation Park.

SEAN MCKIBBON/METRO

Carving a niche for Winterlude

The National Capital Commission gave a sneak peek of the Rogers Crystal Garden in Confederation which will showcase the work of ice carvers from around the world during Winterlude. In addition to hosting the 24th annual Winterlude ice carving competition, Confederation Park will also be the place to take in modern art, a photo exhibit, acrobatics, dance and groovy hip hop tracks from cutting edge DJs. Members of the public will even be able to try their own hand at ice carving with an ice graffiti wall.

Canadian date for Wills, Kate?

Are the rumours of a royal visit this summer true? {page 4}

Facebook gets smart

Smartphone users can check-in to get in-store deals {page 6}

Tickets to ride to take a hike

SEAN MCKIBBON/METRO

► Proposed fare increases still await council approval
► Transit fares have risen 7.5 per cent in each of the past three years

OC Transpo plans to raise transit fares for almost all riders July 1, but how much depends on how you pay for your ride.

Pass-holders would see an increase around the 2.4 per cent specified in the city's draft budget. A regular monthly pass would cost \$94, up from \$91.50, 2.7 per cent more.

Riders who use bus tickets or the O-Train face the biggest increases if the plan is approved. Bus tickets would climb from \$1.25 to \$1.30, a four per cent hike, while an O-Train ticket would jump from \$2.75 to \$2.85, up 3.6 per cent.

The price of cash fares, DayPasses and community passes would not rise.

OC Transpo revealed the proposed increases to the city's transit commission yesterday in their 2011 Marketing Plan. The commission will hear from the public on the transit budget Feb. 24.

● STEVE COLLINS



► Transit committee chair Diane Deans

"We had 7.5 per cent rate increases year over year and significant tax increases to support the system, and what has become clear is that we're going to have to manage OC Transpo in a way that's affordable for the public."

DIANE DEANS, TRANSIT COMMITTEE CHAIR

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Need a flexible, tax-free savings solution? Try a TFSA.



By **Jamie Golombek**
Managing Director,
Tax and Estate Planning,
CIBC

Few things in life are as certain as taxes, but since January 2009 Canadians have had access to a valuable exception: the Tax-Free Savings Account (TFSA). A versatile, tax-efficient and flexible savings solution, TFSAs are a great complement to almost any individual's overall financial plan.

The most compelling feature of the TFSA is its flexibility. Canadians can contribute up to \$5,000 annually and are free from many of the withdrawal and tax restrictions that apply to other registered savings plans, making the TFSA an excellent choice for any number of savings goals. While plan contributions are not tax-deductible as with Registered Retirement Savings Plans (RRSPs),

TFSA earnings grow tax-free and account holders can withdraw funds at any time

for any reason, without tax repercussions. In addition, the amount of the withdrawn funds can be re-contributed at any time in future years. TFSAs are a great low-cost choice if you're saving for a major purchase or need an emergency fund, and withdrawals won't impact income-based government programs such as Old Age

Security or Guaranteed Income Supplement.

TFSAs are also quick and easy to open. And they're useful to hold in addition to other registered plans, such as RRSPs or Registered Education Saving Plans (RESPs), especially if you've already exceeded your annual contribution limit or the lifetime maximum.

Additionally, there's an added incentive to those who have yet to open a TFSA account to do so now. You now have the opportunity to contribute up to \$10,000 for 2010 as your carry-forward amount builds each year.

To take advantage of this tax-saving opportunity, talk to an advisor about how a TFSA could help you reach your financial goals, whether you're looking to save for today's needs or your dream retirement. An advisor can also help you select the options that best align to your personal financial needs from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

So if you want to make sure your savings plan is built to enhance your financial well-being, do yourself a favour and consider building it with the flexibility of a TFSA.

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With a **CIBC Tax-Free Savings Account**, maximize your savings and keep more for yourself. To help achieve your financial goals sooner, a CIBC advisor will work with you to choose the right TFSA that works best for you – from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

It's worth a talk.

Speak to a CIBC advisor about the advantages of switching to CIBC. Visit any branch, go to cibc.com/switchsavingmadeeasier or call 1 866 712-0999.



For what matters.

Late-night crash sends tot to hospital

► Accident investigation continues as toddler fights for life at CHEO
► Police appeal to witnesses



SEAN MCKIBBIN
@METRONEWS.CA

A two-and-a-half-year-old boy was in critical condition yesterday following a horrific crash.

Ottawa police are investigating the late-night collision at the intersection of Carp Road and Richardson Side Road. The collision mangled the grey Chevrolet Malibu that was carrying the boy, his father, 31, and his mother, 26, who is eight months' pregnant.

The Ottawa Paramedic Service, who responded to the scene with police and fire services, said the boy's mother and father were taken to hospital in stable condition, while

the boy was airlifted by helicopter to the Children's Hospital of Eastern Ontario.

The 17-year-old driver of the other car involved in the crash, a black Ford Escape, was treated for minor injuries and also taken to hospital.

Emergency personnel said the boy, who was seated in the rear of the vehicle, suffered life-threatening head injuries in the crash, while the boy's father sustained injuries to his neck, arm and leg. The boy's mother was said to have sustained a minor neck injury.

Five fire rigs and 15 firefighters responded to the scene and worked at extricating the boy's father from the Malibu.



► A Chevrolet Malibu sits in the ditch after a two-vehicle collision at the intersection of Carp Road and Richardson Side Road, north of Stittsville, on Sunday.

Carleton gives props to prof

Maria DeRosa, an associate professor of chemistry, is one of 10 Carleton professors who will receive the Research Achievement Award from the university.

DeRosa's current research on aptamers, single-stranded pieces of synthetic DNA, will hopefully provide new treatment for diseases such as Parkinson's and Alzheimer's.

"I'm still pretty new, so it's a nice recognition,"

\$15K The amount of cash that comes with the Research Achievement Award to support disease research.

said DeRosa.

"We're just starting to get some exciting results from all of our hard work, so it's nice at this stage to be getting a reward like this telling us we're on the right track."

JOE LOFARO



► Prof. Maria DeRosa

News in brief

LGBT group gets funding

CHARITY. The Ontario Trillium Foundation yesterday announced \$26,400 in funding for the Pink Triangle Services organization, which serves the lesbian, gay, bisexual and transgender community in Ottawa. The funding will support the development of an online

resource directory for information on health, legal and housing services.

Man collapses on canal

INJURY. A 63-year-old man was rushed to hospital and is in serious condition after he collapsed while skating on the Rideau Canal just before 12:30 p.m. yesterday. A nearby officer performed CPR on the man until paramedics arrived.

JOE LOFARO

1
news



Restive electorate and gaffes leave GOP presidential field wide open. Scan code for story.

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- 3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

While 'easy money' is gone, Allan Small says it's not too late to get into the stock market. More at metronews.ca/investing

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Dog 'massacre' investigated

The RCMP and the B.C. SPCA are now investigating the slaughter of about 100 sled dogs in Whistler, B.C., an incident the SPCA called "an absolute massacre."

The SPCA's Marcie Moriarty says the description of the April 2010 incident is an "absolutely Criminal Code offence."

Staff. Sgt. Steve LeClair, of Whistler RCMP confirmed his detachment has opened a file, but the primary investigator on the case will be the SPCA.

Documents obtained by CKNW radio reveal about 100 healthy sled dogs were killed in a mass slaughter in Whistler last April 21 and

23.

According to the WorkSafe B.C. documents obtained by the station, an employee of Outdoor Adventures Whistler has been compensated for post-traumatic stress disorder after being ordered to shoot the animals.

The documents reveal

bookings for dog sled tours collapsed after the Olympics and when the company could not find homes for its animals, it ordered the cull.

"It was an absolute massacre. Some of the descriptions were, yeah, just horrifying," said Moriarty.

THE CANADIAN PRESS

Egypt's military vows to hold fire

► For days, army tanks and troops have kept protests confined but done nothing to stop people from joining

Egypt's military pledged not to fire on protesters in a sign that army support for President Hosni Mubarak may be unravelling on the eve of a major escalation — a push for a million people to take to the streets today to demand the authoritarian leader's ouster.

More than 10,000 people beat drums, played music and chanted slogans in Tahrir Square, which has become ground zero of a week of protests demanding an end to Mubarak's three decades in power.

With the organizers calling for a "march of a million people," the vibe in the sprawling plaza was of an intensifying feeling that the uprising was nearing a decisive point.

"He only needs a push!" was one of the most frequent chants, and a leaflet circulated by some protesters said it was time for the military to choose between Mubarak and the people.

Political reform

► Another concession came late yesterday, when Vice-President Omar Suleiman went on state TV to announce the offer of a dialogue with "political forces" for constitutional and legislative reforms.

► Opposition forces have long demanded the lifting of restrictions on who is eligible to run for president, as well as measures to ensure elections are fair.

between Mubarak and the people.

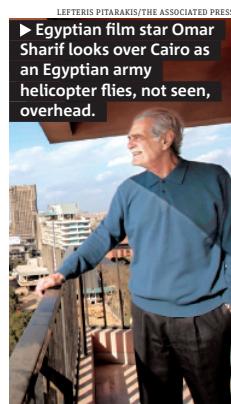
The latest gesture by Mubarak aimed at defusing the crisis fell flat. His top ally, the United States, rejected his announcement of a new government yesterday that dropped his highly unpopular interior minister, who heads police forces and has been widely denounced by the protesters. THE ASSOCIATED PRESS



► Canadian tourists wait for a flight out of Cairo's international airport yesterday.



► A young protester skateboards at the rally in Tahrir Square.



► Egyptian film star Omar Sharif looks over Cairo as an Egyptian army helicopter flies, not seen, overhead.

Canada evacuates those stuck in Egypt

About 600 Canadians were to be evacuated from Egypt yesterday amid ongoing political turmoil in the country.

Foreign Affairs Minister Lawrence Cannon said two planes chartered by the government will be picking up Canadians eager to escape the unrest. The planes are to take the evacuees to Germany.

Cannon dismissed reports that many Canadians in Egypt are not getting information about

the flights, although he acknowledged there were some "technical difficulties" due to the volatile situation.

He said embassy officials and an operations centre in Ottawa are contacting people to give them information.

Relatives in Canada can contact the centre toll-free by dialling 1-800-606-5499, or by sending an email to sos@international.gc.ca.

THE CANADIAN PRESS

News in brief

Protesters resenting U.S.

COWARD. One of the insults flung at President Hosni Mubarak by Egyptian protesters seeking his ouster: "Mubarak, you coward! You American collaborator!" Hostility toward the United States is widespread among the crowds in Cairo's streets, who feel Wash-

ington's alliance with Egypt has helped Mubarak's authoritarian regime keep its grip on power for nearly 30 years.

THE ASSOCIATED PRESS

Confusion at Cairo airport

CHAOS. Cairo's international airport was a scene of chaos and confusion yesterday as thousands of foreigners sought to flee the unrest in Egypt and countries around the world scrambled to send in planes to fly their citizens out.

THE ASSOCIATED PRESS



► Prince William and Kate Middleton pose in St. James' Palace on Nov. 25 in London.

ROYAL RENDEZVOUS VISITING CANADA IN THE SUMMER?

A British tabloid is reporting that Prince William and Kate Middleton will visit Canada this summer.

The Sun reports that the future heir to the British throne and his bride will arrive in July, three months after their scheduled April 29 wedding.

The couple will start their two-week visit on the country's east coast and end it in British Columbia, the Sun said, quoting unnamed sources.

One source tells the newspaper that Canada

was a natural choice as the couple's first destination since the Queen is head of state and the Royal Family enjoys popularity across the country.

The visit will also reflect Canada's importance within the Commonwealth and the work of its military, the report says.

Amanda Foster, a spokeswoman from the Prince of Wales's residence at Clarence House, said she could not confirm any reports of pending visits from the royal newlyweds.

THE CANADIAN PRESS

Tories won't push for election

The Harper government is keeping to its nose-to-the-grindstone line, insisting it will be the opposition's fault if there's a spring election.

"We're not going to provoke an election, folks," spokesman Dimitri Soudas said yesterday.

"There's no intention on the part of the government to make of something a confidence vote

"The prime minister has been clear that we are interested in hearing the ideas of the opposition leaders."

DIMITRI SOUDAS, TORY SPOKESMAN

that hasn't traditionally been one. The objective here is to make Parliament work." THE CANADIAN PRESS

30 minutes can make a difference

World Cancer Day is Friday, and the Canadian Partnership Against Cancer wants 30 minutes of your time to support

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Slow track to recovery

► Central bank interest rates remain unchanged since last September ► Economists expect governor Mark Carney to stay on the sidelines in March.

After a disappointing third quarter, the Canadian economy expanded at the fastest pace in eight months in November, recording a better-than-expected 0.4 per cent gain.

The increase was one tick higher than economists had expected and suggests recovery is back on track, if a bit slow.

Statistics Canada said the gain was based on a strong month for oil-and-gas extraction, as well as wholesale and retail trade, real estate and the finance and insurance sector.

"The Canadian economy looks to have ended 2010 on an upswing," said Douglas Porter, deputy

Market moment

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chief economist with
BMO Capital Markets.

There were, however, familiar soft spots like the battered manufacturing sector, coping with a strong loonie and weak world markets.

The agency said part of the decline reflected temporary plant shutdowns in the motor vehicle assembly industry and shift reductions in the motor vehicle parts industry.

Scotiabank economists said while the monthly gross domestic product performance was encouraging, it doesn't change the overall outlook for Canada. It will take a big advance in December for a strong fourth quarter wrap-up of 2010.

THE CANADIAN PRESS

Smart deals and Facebook coupons

Facebook launched a new feature in Canada allowing smartphone users to claim discounts by "checking in" while they are shopping at certain stores.

If users are at a store offering a deal, they can use their app or Facebook to "check-in" and show a cashier an onscreen coupon to get the discount.

Users can also search the nearby vicinity for other deals.

THE CANADIAN PRESS

Steal deals app

Facebook and smartphones save you money.

► Companies active through Facebook: AMC Theatres, Chapters Indigo, H&M, Joe Fresh and Telus.

► Facebook says no personal information is shared with businesses.

News in brief



Flaherty touts stimulus bucks

Finance Minister Jim Flaherty announced Ottawa is on track to deliver \$28 billion in stimulus spending this year.

He cited the success of almost 400,000 jobs created since July 2009 with the last package.

THE CANADIAN PRESS

Metro launches in Guatemala

Publinews in Guatemala City, Guatemala marks the 20th country in the Metro network.

It will be the first free

newspaper in Guatemala. "Metro Guatemala will be Metro's fifth country in Latin America — consolidating our position as the largest newspaper in the fast growing Latin American region," said Per Mikael Jensen, president and CEO.

► METRO

Chip flawed, but outlook up

Intel shares slid 33 cents to \$21.13 in morning trading after Intel Corp. said it found a design flaw in a recently released computer chip. It will discontinue its production.

Revenue will fall by about \$300 million in the first quarter.

The total cost to repair and replace the materials and systems affected will be about \$700 million.

However, despite the setback, the company raised its overall revenue outlook because of the impact of recent acquisitions.

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LOVE THY NEIGHBOUR ... IF THEY'RE QUIET

She says ...

**JESSICA
NAPIER**



I love living in the city. Unfortunately, so does everyone else.

With so many people desperate to live in the downtown, and only so much square footage to go around, the default option for most 20-something renters — who are at the midpoint between a grimy student house and a starter home they can't afford — is an apartment.

While units will vary in size and quality, most high-rise residences are essentially the same: Shrunk appliances; paper-thin walls; and hundreds of inhabitants that will inevitably irritate one another to the point of relocation.

Living in such close proximity

to one another makes it very easy to find cause for complaint. Loud animals, crying children, smokers, bedbug carriers, couples who have screaming matches into the wee hours of the night or, even worse, couples who enjoy loud bedroom gymnastics in the early hours of the morning.

In a building full of strange strangers, neighbourly love is almost non-existent. No one makes eye contact in the elevator and no one has ever knocked on my door for a cup of sugar. And do you know what, I have plenty of sugar people! The only thing my neighbours take from me is Wi-Fi access and my Saturday

morning newspaper.

Yes, that's right, every weekend a man down the hall steals my newspaper. I have no way to prove it's him but I know it to be true. He is the Newman to my Jerry.

"In a building full of strange strangers, neighbourly love is almost non-existent."

In addition to the newspaper bandit there's a high-heeled party girl upstairs who runs laps around her living room, a drill-wielding handyman across

the hall, and a tone deaf boy-next-door who plays bass guitar until 2 a.m.

Every address has a similar cast of charming characters who make communal living interesting — and not in a good way.

Of course, not all neighbours

are rude. Maybe yours are great and you have dinner parties and play charades and lend each other baking supplies all of the time. But more often than not, the neighbours you remember are the inconsiderate individuals who steal your parking spot and toss cigarette butts on your balcony.

In the end, it doesn't really matter whether you love or loathe thy neighbour, because there's not a whole lot you can do about it. You don't have to share a love of late-night movie marathons but you do have to share a postal code. So, in the name of harmonious living, turn the volume down.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADLER

lol with Twitter feeds



Letters & Tweets

We asked: What is the funniest Twitter feed you follow?

@bnjmnwood:

@iHateOCTranspo is hilarious! Anyone that uses OC Transpo should be reading — and sharing their awesome bus experiences.

@arams11: funniest tweets are from @charliemcdowell who tweets about the 2 girls that live above him. Hilarious!

@stickchick2010: Gotta be tweets from @biznasty2point0 (Paul Bissonnette — NHL player — Phoenix Coyotes) They truly make me LOL!

@brownwynnmaye: I think these ones take the cake: @Lord_Voldemort7, @ceoSteveJobs,

Funny followers



@Queen_UK @alqaeda, @TFNL.
@anderson7: follow @thesulk. the most consistent funnyman on twitter. he always seems to tweet when you need a laugh to survive the day.
@brightwhite: Not sure if you can print it, but my god @fireland is hilarious.
@quadsmom1:
@smartphowned.

Hilarious autocorrects! @jme33: follow comedian @walkinsauce for her honesty and @tfln because nothing good comes in a text after 12 a.m.
@concretefluff: Funniest feeds for me are @birdmurderer and @gutsmtavish24.
@leonardotovar: The funniest is @theonion, hands down!

Who is today's most overrated band or singer?

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Metro Minute at fairy tale discussion

Hear the story behind the story of fairy tales. Two hundred and fifty years before the Grimm brothers offered their first collection of folk and fairy tales, Italian author Giovan Francesco Straparola published a hefty collection of stories, including Beauty And The Beast and Puss In Boots. Carleton Prof. Don Beecher will talk about Straparola's intriguing col-

lection of tales when he delivers this year's annual Marston LaFrance Research Fellowship Lecture at Carleton University today in 303 Paterson Hall at 4:30 p.m. Beecher will focus on Straparola's collection called The Pleasant Nights, which contains 50 oral tales popular in the 16th century. It is free and open to the public.

• METRO



► Carleton Prof. Don Beecher will talk about Italian author Giovan Francesco Straparola's fairy tales today.

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2
sceneCult classics on the
big screen

The details:

For more information on the Great Digital Film Festival, visit: Cineplex.com/events
Catch InnerSPACE every Monday through Thursday at 11 p.m. ET on SPACE



- Metro, SPACE and Cineplex have teamed up to present the Great Digital Film Festival, starting this Friday and running through Feb. 10
► We asked InnerSPACE host Teddy Wilson to give us the inside scoop on some of the films being screened

Hobbit on hold



Lord of the Rings director Sir Peter Jackson is in stable condition in the intensive care unit of Wellington Hospital in New Zealand after surgery for a perforated ulcer.

Publicist Melissa Booth said yesterday that Jackson was "doing well" but would be in the hospital for at least a few more days. She said doctors expect Jackson to make a full recovery.

Jackson was admitted to Wellington Hospital last Wednesday after complaining of acute stomach pains.

His illness has delayed the start of filming of The Hobbit, the two-part prequel to his Academy Award-winning Lord of the Rings trilogy.

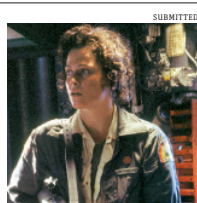
Production of The Hobbit had previously been troubled by financial issues and the departure of its initial director Guillermo del Toro.

THE ASSOCIATED PRESS



Back to the Future

Responsible for introducing "gigawatts" into the teenage lexicon, making DeLoreans cool and explaining the genesis of Chuck Berry's guitar sound, Back To The Future is easily the most fun time-travel film ever made. Interestingly, Eric Stoltz was originally cast as Marty McFly and actually shot several scenes before director Robert Zemeckis replaced him with Michael J. Fox.



Alien and Aliens

Though the sequel continues the story of Sigourney Weaver's alien-killing heroine Ripley, these films are stylistically very different. The first is a suspense-horror set in space, while James Cameron's sequel is an all out action gore-fest. But they're both really, really good. In space, no one can hear you scream (but in the movie theatre they certainly can).



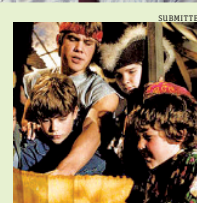
The Lord of the Rings Trilogy

With Peter Jackson at the helm, J.R.R. Tolkien's literary odyssey became an engrossing cinematic treat. And as the trilogy's record 17 Oscars and \$3 billion in box-office sales proved, it is indeed possible to satisfy fans of the book(s), the general masses and the critics.



Predator

Holding the weird distinction of starring two future U.S. governors (Arnold Schwarzenegger and Jesse Ventura) and one gubernatorial hopeful (Sonny Landham), the film's titular alien antagonist proved far more menacing than any political attack ad or scandal. With visual effects by the late (and very great) Stan Winston, Predator remains a sci-fi horror classic.



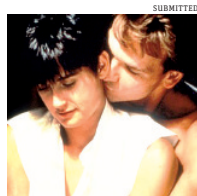
The Goonies

"Goonies never say die!" This Steven Spielberg-produced hit not only led to record sales of Baby Ruth chocolate bars but, more importantly, struck a balance between adventurous fun and moments of heartfelt poignancy. Characters like Mikey, Data, Mouth, Chunk and, of course, Sloth are indelibly etched in the minds of anyone who came-of-age in the '80s.

Alien screening:

Join Metro at Silvercity in Ottawa this Friday at 6:30 p.m.

- Metro will be presenting the movie Alien and giving away prizes, so brush up on your Alien trivia!
► Get the Metro Green Carpet treatment, where the first 200 movie-goers will receive free pop and popcorn, courtesy of Metro.
► You could win free Metro swag and get a chance to win some fantastic movie-lovers prize packs.



Ghost

Ghost manages to retain its unabashedly romantic core — it is, after all, about the power of love to cross celestial boundaries — without venturing into overtly maudlin sentimentality. That's a tough task, and this is one of the few films to pull it off really well. And who would've thought that making pottery to Unchained Melody could be so damn sexy?!



The Usual Suspects

Who is Keyser Söze? If you've never seen this film and don't yet know the answer to that question, I envy you — you're in for one hell of a ride. Brilliantly written and directed, with a great ensemble cast and a twist-ending that is devastatingly awesome (and that's putting it mildly).



12 Monkeys

What a bizarre experience it would be to look inside the mind of filmmaking auteur Terry Gilliam. Each of his movies gives us a little glimpse and 12 Monkeys is my favourite peek yet. A dystopian time-travel mind-bender featuring Brad Pitt at his unhinged best, it's actually based on an obscure French short film from 1962 called La Jetée.



Fight Club

With heaps of praise for The Social Network, director David Fincher is having a very good year. Fight Club stands out as an early gem in his filmography, mixing stellar performances by Brad Pitt, Edward Norton and Helena Bonham Carter with a darkly surreal script based on Chuck Palahniuk's novel. The final scene set to The Pixies' Where Is My Mind is amazing.



Producer of 9/11 conspiracy film
Loose Change arrested on drug
charge in upstate New York

Rob Lowe is at a high in his roller-coaster life

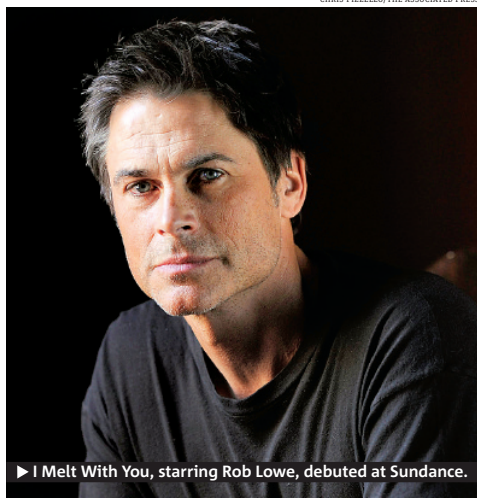
"If you're lucky enough to stick around, you go through all of it."

ROB LOWE, 46-YEAR-OLD ACTOR

Rob Lowe is shaking things up in his career and so far the moves are paying off.

The 46-year-old has a new film called *I Melt With You*, which debuted at the Sundance Film Festival last week. He left the ABC drama *Brothers and Sisters* last spring and joined NBC's Thursday-night sitcom *Parks and Recreation*. He also has a guest spot on the new season of Showtime's *Californication*. And on top of all that, he's releasing a memoir in May.

"At the moment, I feel really fulfilled," Lowe says, but is also aware show business can be a roller-coaster ride. "The thing about a long career is you go through periods where you're unfulfilled, you go through periods where you're hot and you're cold. If you're lucky enough to



► *I Melt With You*, starring Rob Lowe, debuted at Sundance.

stick around, you go through all of it."

I Melt With You is about a group of guy friends who get together for a yearly bonding weekend. The trip turns serious when they open up and begin to question the way their lives have unfolded.

The film has received

mixed reviews at Sundance, which Lowe says is fine with him. "So much of our business today is safe," he says. "They'll sacrifice quality, humour, drama, budget, you name it, and throw it under the bus to add one more set of eyeballs. This movie doesn't."

THE ASSOCIATED PRESS

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Celebrity tweets



Neil Patrick Harris
[@Actual-lyNPH] The

tots both started laughing. On the same day. I'm now obsessed with getting them to do it. Babies laughing is like opium.



Ben Stiller

[@RedHourBen] Heading to work 4:30pm



Joel McHale
[@joelmchale] Believe me I'm more

shocked than you. To know that I'm related to Oprah & find out I'm a woman. It's almost too much. ● METRO



Sarah Silverman
[@SarahKSilverman] Wish I

was more unique but alas I'm deeply consoled by a scoop of vanilla

Madonna preparing for her final tour?

Big-name guests may come along

Madonna is planning another tour, and it may be her last, according to News of the World, so she's looking into pulling in some special guests.

The singer is reportedly looking into having Glee stars Lea Michele and Cory Monteith appear in some manner on tour with her.

"Madonna wants to break records and make her career bigger than ever," a source says.

"And because the Glee episode featuring her music was such a hit, there are plans for the cast to appear. She is in amazing shape for her age, but this could be her last big world tour she does for a while as she wants to concentrate on business ventures." ● METRO



► Madonna

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Public needs to stop rewarding Charlie for behaviour: Friend



► Charlie Sheen

While he checked himself into rehab over the weekend, how seriously Charlie Sheen takes getting treatment will reportedly depend on how well his hit sitcom Two and a Half Men does, according to

Popeater.

"If the ratings go through the roof again, as they did after Charlie's incident in New York, CBS and Charlie will be out again in no time and back to his old ways," a friend of

the actor says.

"However, if the public finally stops rewarding Charlie for his bad behaviour, then, and only then, can you expect him to take the situation seriously."

● METRO

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*Depends on frequency of use and dryer settings.



3 weeks to a new you

- These small ideas have a big cumulative effect ► Each is doable during your lunch break
► Start by learning, and crossing off some cultural to-dos and then branch out

● METRO WORLD NEWS

WEEK 1: EDUCATE YOURSELF

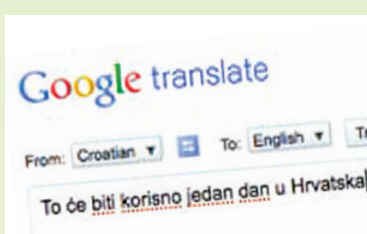
LEARN MORE

Next time someone mentions something you wish you knew more about (The Bible, Che Guevara, how to make homemade cocaine), take note. Then today, go to Wikipedia and read the entry for it. If you're still interested, check the bibliography and buy one of the books listed to learn more.



SPELLING

There's a word you misspell all the time (there's definitely no "a" in "definitely," for example). Develop a trick to help you remember it correctly once and for all.



TRANSLATE

Using Google Translator, learn how to say one useful phrase in four languages you don't know, from countries you've always wanted to visit. To će biti korisno jedan dan u Hrvatska (this will come in handy one day in Croatia).

WEEK 2: FEEL BETTER



FIND GOOD PEOPLE

Find someone who always seems positive and ask them how they remain that way. Use their tricks. And remember their face when you feel yourself spiraling into negativity.



DECISIONS

Ask three intimate friends to appraise your mental and physical state, remembering to remain mature enough to not take the responses personally. Then ask them for constructive advice to help you improve what's lacking. Do the same for them.



ASSESS YOURSELF

Focus on a physical weakness — your weight, inflexibility, acne, whatever — and find a trusted exercise book that deals with the issue. Any book that espouses responsible exercise can only help your overall well-being.

WEEK 3: UNPLUG

FACEBOOK

Don't check your Facebook feed for one day, setting your account to alert you when you get private messages (those are allowed).



CULL THE HERD

Log on to Facebook and read the previous day's updates—the ones you missed. "Hide" the friends who say things that you're not interested in. Then consider whether you need to check the feed every day.

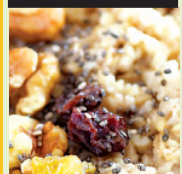


READ

Remember all those books, songs and movies you discovered in week one? Post something to your Facebook feed sharing info about them. Consider sharing only interesting things from now on.

3 life

Superfood: Oats



The Dukan diet plan recommends three spoonfuls of porridge oats a day (with water or skimmed milk). They're a great source of protein (obviously) as well as zinc, calcium, magnesium and iron. Their high soluble fibre content is important during phase 1 of the diet where some can experience digestive side effects from all the protein.

● ROMINA MCGUINNESS



Health Canada issues voluntary recall of weight loss, body-building product



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Workout

What's in your ideal workout week? Here's some tips to stay on track.

- ▶ **Fitness** Participation recommends at least 150 minutes per week (that's half an hour five days a week) of moderate or vigorous-intensity aerobic physical activity. You can break it up into 10-minute segments. Add muscle and bone strengthening activi-

ties such as lifting weights, at least two days a week.

- ▶ **Tip #1** Track your progress by recording or charting your changed behavior. Research shows that self-monitoring actually increases the probability of keeping the resolution.
- ▶ **Tip #2** Reward your successes with a healthy treats.
- ▶ **Tip #3** Cultivate social sup-

port. Find a buddy to help you; this could be a coworker, family member, friend or fellow resolver.

- ▶ **Tip #4** Avoid blaming yourself when you slip. Frequent self-blame predicts who will give up soon.
- ▶ **Tip #5** Be positive about your successes, no matter how small.

• CELIA MILNE

Getting back on resolution track

▶ Don't despair if you haven't seen the progress you wanted ▶ Here's how you can get back into routine



CELIA MILNE
LIFE@METRONEWS.CA

Did you make a New Year's resolution? To lose weight? To exercise more? To drink less alcohol?

Well, the fact that you declared your resolution will actually help you keep it.

Don't despair if a month later you've seen little progress.

"Think of resolutions as marathons, not 100-yard dashes. Prepare for the long haul of a changed lifestyle," says Dr. John Norcross (PhD), a

professor of psychology at the University of Scranton, Ohio, and coauthor of the book *Changing for Good*.

According to Dr. Norcross' research, about half of us make New Year's resolutions.

Most resolutions are about self-improvement changes such as losing weight, starting to exercise, quitting smoking or drinking less alcohol.

Believe it or not, studies show that 40 per cent to 46 per cent of New Year's resolvers will be successful at six months.

In fact, if

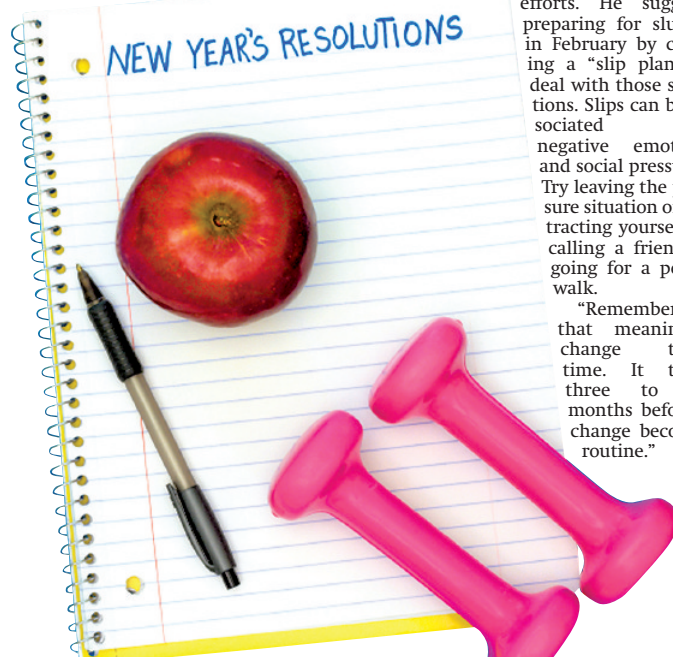
you make a New Year's resolution, you are 10 times more likely to change compared to those who have the same goals and motivation to change, but didn't use the annual changeover to make a resolution.

It's OK to fall off the rails once in a while.

"Most successful resolvers slip in January," says Dr. Norcross. "Don't let one missed exercise class end the exercise program."

One research study found that 71 per cent of successful resolvers said their first slip had actually strengthened their efforts. He suggests preparing for slumps in February by creating a "slip plan" to deal with those situations. Slips can be associated with negative emotions and social pressures. Try leaving the pressure situation or distracting yourself by calling a friend or going for a power walk.

"Remember that meaningful change takes time. It takes three to six months before a change becomes routine."



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Trim the fat

Learn healthy weight loss habits



Could this be the real reason the French aren't fat? "My diet is no fad, it's a way of life," explains Dr. Pierre Dukan on his four phase program that vows to strip your body of excess fat.

Based on the fact that our size depends on the number of fat cells (adipocytes) stored in our bodies, the more you have the more prone to weight gain you will be.

On Dukan, you will be shrinking these cells, allowing your weight to sta-

bilize. Dukan sets out 100 foods for you to choose from, 72 of which are lean proteins such as fish, chicken, fat free yoghurt and tofu and the remaining 28 are vegetables including green beans, celery or courgettes (that can be eaten without restriction).

In the first two stages, fruit is forbidden along with sugar and all fats, which is where the difference with Atkins is established.

Atkins actually allowed fats — this is not the case with Dukan.

All meats are lean and any dairy product must be 100 per cent fat free.



1

ATTACK

During this phase you will be eating nothing but protein (steak, veal, crab, salmon, non-fat dairy and eggs) for up to 10 days. At this point, eating fruit or vegetables is forbidden.

The lowdown: You may experience bad breath and a dry mouth so drink plenty of water. The plan allows up to three tablespoons of oats a day, for digestion. You are also allowed to drink tea, coffee (sweetener is allowed) and diet drinks.



2

CRUISE

In this phase you will be alternating two diets. If one day you eat nothing but protein, on the next you will be able to eat unlimited amounts of vegetables (check those you choose have the Dukan seal of approval) to complement Remain in this phase until you reach your desired weight.

The lowdown: At this stage, rules are the same as for the attack phase although your diet becomes more flexible and therefore easier to follow.



3

CONSOLIDATION

"At this point, you will need to commit to radical and permanent changes in your diet if you want to keep the weight off," says Dukan.

The highlights: You are allowed to eat fruit (one piece a day), carbs (two slices of bread) and 40g of hard cheese a day and twice a week, you can enjoy a "gala" dinner that includes a meal of your choice (you can tuck into a cheesy risotto or pizza).



4

STABILIZATION

You've lost those love handles, so now what? You can go back to eating what you want but (there had to be a but) introduce protein Thursday's for more or less the rest of your life.

It's all about developing a structured meal plan. "Of course, many people slip back to their old ways and I would say a good 50 per cent stop following the rules bought on by stress, heart break or commitment issues," says Dukan.

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YOU REALLY WOULD RATHER HAVE A ROOT CANAL!

You have probably heard that expression before. Someone you know is being presented with an unpleasant task, perhaps an uncomfortable assignment at work, and how do they respond? With the timeless expression "I would rather have a root canal!"

If we heard someone using that expression, we would tell them "You're right!" Firstly, because modern dentistry has progressed so much that a properly performed root canal is not such a painful procedure.

Secondly, if you really need a root canal, there is a good chance you are already feeling a great deal of discomfort. If your condition has not quite progressed to the point where you are experiencing any discomfort, it may simply be a question of time.

A root canal is usually performed when the condition of the tooth is such that the area around it is infected or is likely to become infected. The main culprits for this condition are usually decay or a cracked tooth.

Regardless as to the precise cause, the problem is that the infection will not only compromise the health of the affected tooth. It may also spread and affect the health of surrounding teeth.

The infection itself is usually found in what is known as the **pulp** of the tooth. The pulp is located in the middle of the tooth in what is called the **pulp chamber**.

The pulp consists of the **nerve tissue** of the tooth, **blood vessels** and other



Dr. Wayne Perron
Dental Surgeon

matter. The fact that the infection is pressing against the nerve tissue inside the tooth is usually what causes the pain many patients report before being treated.

A root canal involves the removal of the infected matter from the pulp chamber. This means the nerve tissue and blood vessels are removed. The now vacant root chamber is filled with an inert material and then sealed.

Finally, **the tooth will require a crown.** Once the nerve has been removed, the tooth is effectively dead. Without the crown, that tooth would become brittle and will likely break. So the crown protects what is left of the tooth surface.

Root canal therapy is common after some form of **accident or trauma** has cracked a tooth. While some accidents

are unavoidable, precautions can be taken to guard against others.

For instance, if you are participating in sports, a **custom-fitted mouthguard** is highly recommended. While more expensive than a store-bought model, the fact that it is shaped to precisely fit your teeth provides much better protection in the event of a sports collision. Your dentist can usually provide you with just such a mouthguard.

When a root canal becomes necessary due to decay, that is usually associated with **poor oral health practices**. Proper brushing and flossing, combined with good eating habits and regular visits to the dentist will usually prevent the need for a root canal.

Regardless as to the cause, the fact is a root canal may be necessary to protect your overall oral health. It may not sound appealing, but the truth is usually not a painful experience. Most importantly, **it is far less painful than allowing an infection to spread to the adjacent teeth.**

So if you are experiencing any discomfort or have experienced an accident that might have cracked a tooth, talk to your dentist immediately. Attacking the problem before a painful infection spreads is the best move...because preventing the spread of infection is a healthy habit...and healthy habits lead to healthy lives.

Dr. Wayne Perron
- Dental Surgeon

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Ring in the Year of the Rabbit in a giant way

► Although some dishes at Panda Garden Buffet disappoint, others win

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONWS.CA

I have a love/hate relationship with buffets. I love the variety and opportunity to taste so many items in one sitting. However, what I don't like is that by the time I get back to my table, much of the food is cold and longing for the heat of the lukewarm chafing dish.

Panda Garden Buffet puts on a giant spread of food. From egg rolls to fries to sushi to ice cream, this place is designed to fill a crowd of hungry bellies.

I filled my plate more than I should and most bites were disappointing.



► Many of the dishes at Panda Garden Buffet fall short.

The spring roll was scantily filled, the chicken balls had too much dough for the amount of chicken, and the vegetable dishes were overcooked.

The soup, however, was tasty, and the lemon chick-

en was tender and nicely flavoured.

The other problem is that I eat too much at a buffet. Waddling out like a panda, I knew that I had consumed a bear's worth of calories.

Panda Garden Buffet

429 Hazeldean Rd.

613-836-9977

Price range: \$

Reservations: Only for parties of more than four

Rating: 3 out of 5

Belly Button Tortellini Soup



Yields 4
Prep time:
5 minutes
Cooking:
15 minutes

► For an alternative, try adding spinach and red pepper.



EMILY RICHARDS
FOOD@METRONWS.CA

My grandmother makes this soup with home-made stock.

We used to, and still call it "belly button" soup because of the shape of the tortellini. This is a big favourite for small and big kids alike.

Preparation:

- 1 In a pot, boil salted water. Toss in tortellini and cook for 8 minutes or until floating to the top. Drain; set aside.
- 2 Meanwhile, in a saucepan, bring stock and parsley to a boil. Stir in the tortellini, simmer 5 minutes.
- 3 Serve soup in deep soup bowls sprinkled with Parmesan.

Ingredients:

- 1 lb (500 g) meat or cheese tortellini
- 8 cups (2 L) chicken or vegetable stock
- 2 tbsp (25 mL) chopped fresh Italian parsley or basil
- 1/4 cup (50 mL) grated Parmesan cheese

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHIEF ON CANADIAN LIVING COOKS. FOR MORE ABOUT EMILY AND HER RECIPES, VISIT EMI-LYRICHARDSCOOKS.CA.

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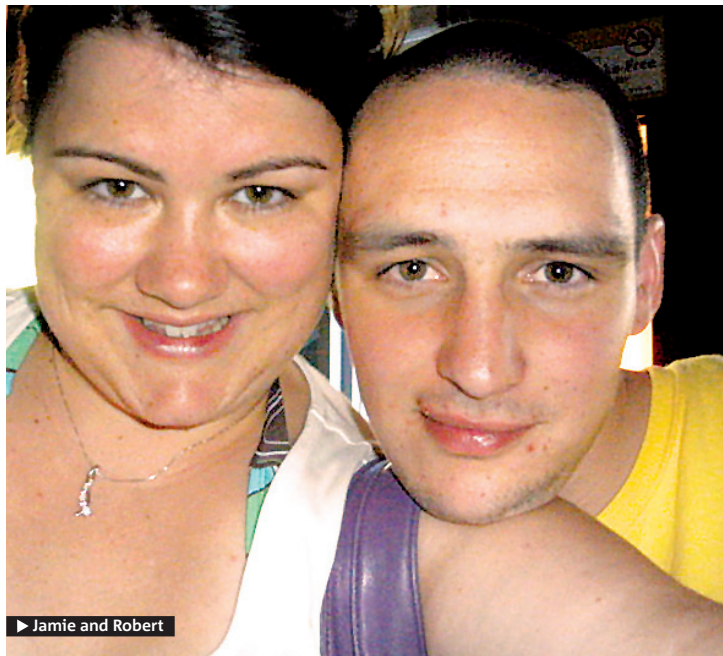
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A SIMPLE HELLO CAN GO A LONG WAY



► Jamie and Robert

Names: Jamie, 25 and Robert, 26

Current city: Dartmouth, N.S.

Together since: 2002

Their story:

It was a winter in Montreal and my brother and I (Jamie) wanted to test out a snow hill near our

home. When this guy (Robert) came by, my brother thought it would be funny to toss an iceball at him.

Robert got mad and was about to beat up my brother.

I intervened and cooled things down.

We went our separate ways, but it turned out that Robert and I lived directly across the street from one another.

Every now and again I saw him waiting at the bus stop and said, "Hi."

College came around

and we ended up going to the same school.

He recognized me in the hall one day as (and I quote) "that crazy girl who says hi to me all the time" and he finally said "hi" back!

We started taking the bus home together, and soon started dating.

We married in 2008, have lived in Nova Scotia for three years, and we couldn't be happier.

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COMPROMISE IS THE KEY

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

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My wife and I are looking to buy our first house. She's very close with her family and insists we find a place in the same neighbourhood as her parents. The prospect frightens me to my very core. How do I tell her no way?

Angela says ...

Getting in between family is one of the toughest tests to a relationship.

And this is one of those cases where compromise will be the only solution.

If you move her too far from her family, she'll resent you and, once you have kids, rub it in your face every time you need a babysitter.

Move too close and you'll feel your identity as an independent couple squashed like that spider

that set up shop at my back door last summer.

Can you agree on a home several blocks away?

So instead of a five-minute drive, you'll have a 20- or 30-minute buffer.

Derek says...

If she's not willing to cut that umbilical cord, you might be stuck.

There is only so much prodding you can do before you enter the relationship danger zone.

But chin up; there are some hidden benefits to living near family — think easy child-care, free dinners — that can free up your personal time.

This might be your golden opportunity to take up golf.

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Got the post-job jitters?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONWS.CA



It's official. We're anxious ... about retirement. Even those with decades left before

starting to grow roses are fretting that they're not saving enough.

A recent TD Waterhouse survey shows that 67 per cent of Canadians over age 45 are worried they're not on financial track for retirement. Only 15 per cent were content with their retirement preparations.

So what's a retirement nail biter to do? First thing is to analyze your own situation. Financial planners commonly throw out 70 per cent of pre-retirement income as the amount people need after leaving the workplace.

That number is a one-size-fits-all approach. A high income earning couple might easily get by with 50 per cent or less. Similarly, someone living a frugal lifestyle outside the urban core could also be quite happy with half of what they previously earned.

Your housing situation, hobbies, cost of living and willingness to work part-time post-retirement will have a huge impact on how much you will need.

4.5%

Amount of personal income saved by Canadians in 2010

2005 - 1.5 %
1982 - 20 %

And downsizing, especially in expensive cities such as Vancouver and Toronto, to smaller abodes or to cheaper communities can free up large amounts of equity to bolster retirement savings.

Empty nesters who don't want to downsize or move might increase post-retirement cash flow by renting a room to a student during the academic year. Many retirees can also improve their balance sheet by shifting to a single car and cell phone.

There is another variable that could have an enormous impact on your post-retirement income needs — how your tastes may change.

My father and mother-in-law moved from a waterfront home in Victoria to a double wide mobile home in a 55-Plus community outside Sidney, B.C. They loved it.

In short, there are many ways to look at retirement so don't be panicked by any magic number or percentage. Do these four things and



► 67 per cent of Canadians over 45 feel they are not prepped for retirement.

you'll probably be okay:

1. Contribute as much as you can to your RRSP or other savings accounts.
2. Save monthly and make it a habit.
3. Invest the money conservatively.
4. Aim to be debt free upon retirement.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONWS.CA



DATING ON A DIME

Does Dating put you into overdraft? Taking on debt for wining and dining isn't frugal. There are plenty of inexpensive

run, bike, rollerblade, work-out or toboggan. Head to a park, go for a swim, or spice up a game of tennis with competition — the loser buys the next glass of vino (less than \$20). Take advantage of free outdoor festivals and plays.

Rent old movies or see a flick in the cheap theaters (less than \$20). Get to know each other's friends by hosting games night — charades, board games and appetizers (less than \$30). Check out art exhibit openings or book launches. Tickets are often free or priced relatively inexpensive (less than \$40).

Skip restaurants and turn a weekly grocery trip into a farmer's market adventure. Pick up fresh ingredients for a home cooked meal which you can make together. Cooking is romantic, fun, and easy — download free recipes from the Internet and follow along.

Dating on a budget often inspires creativity and allows you to showcase your true colours. Always remember: the point of a date is to spend time with someone special; not bust your budget.



IN THEATRES FEBRUARY 11

sive dating activities that won't cramp your style or your wallet.

Meet your date at a local coffee house and kick back for a few hours in a casual atmosphere (less than \$10). Or, grab coffee to-go and walk around the neighbourhood. Share stories and enjoy the chit-chat.

Get active and walk,

How to spend is key for retirement income

► Make a budget ► Consider a guaranteed fund that pays monthly

When picturing the so-called golden years, we often think of exotic vacations, focusing on our hobbies or spending time with family and friends. It's easy to forget that, along with our big-picture plans, there will also be day-to-day expenses and unexpected costs that can eat into our retirement savings.

With changes on the way to the Canada Pension Plan and employer-sponsored pension plans becoming less common, future retirees need to take on more individual responsibility to ensure they have enough income for their retirement. "Canadians are living longer, and many fear they



► Many Canadians fear they will outlive their nest egg, BMO's Tina Di Vito says.

will outlive their savings," says Tina Di Vito, head of BMO Retirement Institute. "In order to be prepared, the first step is for Canadians to think about the vari-

ous factors that will affect their retirement, including their health, life expectancy, marital status, the cost of living and the level of expenses they will incur."

To ensure a comfortable retirement and to maintain peace of mind, you need to plan ahead and assess how much income you will need on a monthly basis after you stop working. You should also think about where this revenue will come from and how much of a "sure thing" it is.

Di Vito recommends that every Canadian should have at least one source of guaranteed retirement income. Ideally, this guaranteed component should make up

at least 30 per cent of your overall retirement cash flow.

To help you achieve this, she suggests investing in a plan that will pay a set amount over the course of a lifetime. BMO, for example, recently introduced the BMO Lifetime Cash Flow. It's a deposit that can provide you with a six per cent payout every year for the rest of your life. It also offers tax savings, since no taxes apply for the first 25 years. Essentially, Di Vito says, it acts as a safety net for retirement and helps ensure you have at least a portion of your retirement income guaranteed.

NEWS CANADA

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Save early, save often to boost RRSP

- It's in your best interest — literally, financial planners say
- A small sum invested monthly can outgrow a lump sum once a year

It's RRSP crunch time — that time of year when you search the nooks and crannies of your finances for the money you need to make your annual contribution to your registered retirement savings plan. While experts say that is absolutely the

right thing to do, it's tough to come up with a sizable lump sum at any time of year, let alone after the holiday season. You may even find you have to take out a bank loan to meet your maximum allowance.

Financial-planning ex-

perts caution that leaving your RRSP contribution to the last minute also means you have lost out on all that tax-sheltered compounded growth you could have benefited from through the year.

"Using a preauthorized contribution arrange-

NEWS CANADA



► Leaving your RRSP contribution to the last minute means you lose out on tax-sheltered compound interest. Financial planners recommend investing smaller amounts over the year.

ment, or PAC, is simple, easy to do and delivers long-term benefits in terms of investment growth," says David Ablett, a financial-planning expert at Investors Group.

Ablett says that if you invest a lump sum once a year you are likely to end up with less money in the long run than if you were to divide the lump-sum investment into 12 portions and invest monthly. The main difference, he notes, is that the money you invest each month begins to compound and grow earlier than if you waited to invest it once a year.

As time passes, your income changes and your life changes, so your PAC should change too. Financial planners suggest that you reset your PAC annually. That way, you'll keep your RRSP contributions and other investing in line with inflation and personal wage increases.

Your investment plan and your PAC are elements in a total financial program tailored to help you achieve your goals. Your professional adviser can help you put together a complete package that is right for your life today and tomorrow.

NEWS CANADA



► Even a small investment can generate wealth over the long term, thanks to the power of compound interest.

Make the snowball effect work for you

Kick a small ball of snow into motion from the top of a hill and by the time it gets to the bottom it will be noticeably larger. That's the snowball effect — and you may be able to get the same growth effect in your investments.

By making even a small investment and leaving it to grow, the income it generates is reinvested — or compounded — and over the longer term your small investment will grow exponentially, says Myron Knodel, a financial-planning expert with Investors Group.

"The key is to get your financial snowball rolling as soon as possible," Knodel says. "The sooner you invest, the longer your money will have to grow. And that usually means more wealth at the end of the road."

Here is a simple example of the power of compounding.

"The sooner you invest, the longer your money will have to grow. And that usually means more wealth at the end of the road."

MYRON KNODEL, INVESTORS GROUP

- You invest \$10,000 at 10 per cent, and in a year you have earned \$1,000 in interest.

- You add that to the original investment for a new total of \$11,000, and the next year that new total earns \$1,100 in interest at the same rate.

- If there was no immediate tax on the interest, you now have a total of \$12,100 invested at 10 per cent.

Knodel says a professional adviser can help you devise a plan to take advantage of the power of compounding.

NEWS CANADA

Online investing not optimal, yet

INVESTING

TALBOT BOGGS
THE CANADIAN PRESS



Industry reports estimate that online investing is alive and thriving in Canada, with about \$200

billion in assets and companies continuing to add new products and services to their sites. However, recent studies of the Canadian online banking and brokerage industries indicate the customer online experience leaves a lot to be desired, in spite of efforts by firms to improve the quantity and quality of their tools and resources.

Complaints about the sites centre on the lack of visual appeal, sophisticated design and support resources once customers enter the transactional areas.

"From year to year, the overall online experience remains the same at the majority of firms as new industry products emerge and are introduced into current outdated sites," says

Glenn Lacoste, president of Surviscor, a firm that analyzes and ranks Canadian online services. "Companies continue to introduce new things but they are not changing the dynamics of the site to make them more user-friendly."

"Adding functionality simply increases the size of the pile," Lacoste adds. "Re-designing the sites to im-

prove access and use of information is a must."

But some online brokerages are making an effort to provide tools that help customers manage their portfolios. A recent survey by RBC found that the majority of Canadian self-directed investors are using their online brokerage account for long-term investment such as saving for retirement or a child's education. Only 11 per cent reported using their online accounts for short-term profit.

The poll also found the more diversified a portfolio, the likelier investors are to say it has performed well. In spite of that, however, only 19 per cent of online investors believe their portfolios are well diversified.

"The greatest demand is for portfolio-management tools that help investors build and monitor their long-term investment strategies," says Jason Storsley, president and CEO of RBC Direct Investing.

NEWS CANADA

4
sports

Senators preview

Senators at Devils
7 p.m.
TV: Sportsnet
Radio: AM 1200



Returning from the all-star break on the road against the lowly Devils could be the best thing for the struggling Senators (17-25-8), who have lost seven straight at Scotiabank Place in Ottawa. But the Sens' overall numbers aren't pretty with just one win in their last 13 games and no victories in their last six. One positive is that star forward Jason Spezza, who's been out since separating his shoulder on Boxing Day, should be making his return soon.



The Devils (16-30-3) are in last place in the Eastern Conference but went into the all-star break on a high note, having won six of their last eight. Still, the team is in danger of missing the playoffs for the first time since 1995-96. The Devils are 20 points behind Atlanta for the eighth and final playoff spot in the East.

Lone Star state of mind

- Packers, Steelers embrace Texas trappings as they land in Dallas
- Green Bay fans show up in bigger numbers than Pittsburgh supporters



► Hines Ward of the Pittsburgh Steelers talks with media yesterday at the Omni Fort Worth Hotel.

Video cameras and cowboy hats were in style as the Pittsburgh Steelers and Green Bay Packers arrived yesterday at the Super Bowl.

With dozens of fans chanting "Go Pack Go" as the players walked off team buses, the Packers witnessed Super Bowl frenzy for the first time in 13 years. Many of the players carried video cameras or aimed their cellphones at the crowd to take pictures before heading to news conferences.

A few of them wore cowboy hats, but none

went as far as Steelers veteran receiver Hines Ward. He took the True Grit route, decked out in black cowboy hat, black shirt, belt buckle and jeans.

Steelers quarterback Ben Roethlisberger held his cellphone high, taking photos of the six-deep pack of reporters at his podium.

"Just taking it in stride, enjoying this opportunity regardless of what comes or how it comes," Roethlisberger said. "Take it all in."

Taking it all in were the big guys who block for him. They paid tribute to

"I'm in Dallas, Texas. I wanted to put on my whole cowboy outfit and enjoy it."

HINES WARD, PITTSBURGH STEELERS

tackle Flozell Adams, who spent a dozen seasons as a Dallas Cowboy before joining this Pittsburgh team, by wearing his No. 76 Michigan State shirt as they deplaned.

There were plenty of fans in black and gold outside the Steelers' hotel, some carrying the obligatory Terrible Towels. But

they were far outnumbered at the Packers' hotel in Irving a few hours later when the NFC champions pulled in.

Maybe that has something to do with Pittsburgh making its third Super Bowl appearance in six years. Not that the players are blasé about it.

"It's always exciting for the opportunity to close up the season by playing in the Super Bowl," Roethlisberger said. "I don't think you ever get tired of this, so take as much video and pictures as you can."

THE ASSOCIATED PRESS

Losing streak hits 12 for Raps

104 93

PACERS

RAPTORS

Roy Hibbert had 24 points and 11 rebounds to help Indiana beat the Toronto Raptors 104-93 last night in Frank Vogel's debut as Pacers interim coach.

The 37-year-old Vogel replaced Jim O'Brien, who was fired Sunday. Vogel said he would allow Hibbert to play through his mistakes, and the seven-foot-two centre rewarded his new coach with his highest-scoring game since Nov. 28.

Darren Collison and Paul George scored 16 points and Tyler Hansbrough added 14 as the Pacers extended Toronto's losing streak to 12 games. The Raptors gave up 100 or more points for the eighth straight contest.

Amir Johnson led Toronto with 18 points, and Jose Calderon and Ed Davis added 13. Andrea Bargnani, Toronto's leading scorer this season, finished with 12 points on 3-for-15 shooting.

THE ASSOCIATED PRESS

Hamilton council backs plan for stadium

Hamilton city council has voted unanimously in favour of a plan to renovate Ivor Wynne Stadium for the 2015 Pan American Games.

The proposal now goes to the Pan Am Games organizing committee for approval.

The afternoon vote came a day after the Ontario government stepped in with about \$22.5 million to cover a funding gap in the \$152-million project.

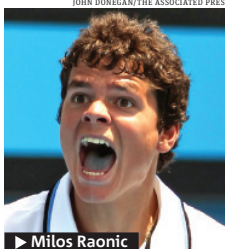
The renovation involves the complete reconstruction of 15,000 seats in the south stands at Ivor Wynne, along with a 10,000-seat renovation in the north stands.

Hamilton's share is about \$54 million and the stadium will serve as the new home for the CFL's Tiger-Cats.

THE CANADIAN PRESS

Raonic gets big bump in rankings

5 The top five remained the same in the rankings with Rafael Nadal at No. 1, followed by Roger Federer, Australian Open winner Novak Djokovic, Robin Soderling and Andy Murray. David Ferrer improved one spot to No. 6.



► Milos Raonic

Canadian Milos Raonic, one of the major stories of the Australian Open, has rocketed 58 places to No. 94 in the ATP rankings released yesterday.

The 20-year-old from Thornhill, Ont., made it to the fourth round in Melbourne before losing 4-6, 6-2, 6-3, 6-4 to seventh-seeded David Ferrer of Spain.

The six-foot-five Canadian with the booming serve downed Bjorn Phau in the first round, surprised No. 22 Michael Llodra in the second round and stunned No. 10 Mikhail Youzhny in the third round.

Vancouver's Rebecca Marino cracked the WTA's top 100, jumping 20 places to No. 84. THE CANADIAN PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	50	33	12	2	3	174	130	71	16-4-1-1	17-5-2-1	8-2-0-0	W2
d-Tampa Bay	51	31	15	3	2	154	154	67	16-4-1-1	15-11-2-1	7-3-0-0	W5
d-Boston	50	28	15	2	5	152	112	63	13-9-1-2	15-6-1-3	7-3-0-0	W1
Pittsburgh	50	31	15	2	2	154	114	66	17-9-1-0	14-6-1-2	6-3-0-1	W2
Washington	51	27	15	5	4	140	129	63	16-5-2-4	11-10-3-0	4-3-2-1	L2
NY Rangers	52	29	20	2	1	148	126	61	12-11-1-1	17-9-1-0	5-5-0-0	L1
Montreal	50	27	18	4	1	130	123	59	16-6-3-1	11-12-1-0	6-2-1-1	L2
Atlanta	52	24	19	3	6	152	166	57	12-9-1-4	12-10-2-2	3-4-1-2	W1
Carolina	50	25	19	2	4	153	155	56	13-8-1-1	12-11-1-3	6-4-0-0	W2
Buffalo	49	23	21	5	0	137	144	51	11-12-1-0	12-9-4-0	7-3-0-0	W2
Florida	49	22	22	2	3	131	131	49	11-8-3-2	11-14-0-0	4-3-1-2	L1
Toronto	49	19	25	2	3	124	153	43	10-11-2-2	9-14-0-1	4-5-0-1	L3
Chicago	50	17	25	5	3	108	160	42	9-14-2-2	8-11-3-1	1-6-1-2	L6
Ottawa	49	15	27	3	4	119	162	37	8-12-1-1	7-15-2-1	2-7-0-1	L3
NY Islanders	49	16	30	2	1	101	144	35	9-13-1-1	7-17-0-1	6-3-1-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	50	31	10	4	5	165	121	71	13-1-1-4	14-7-3-1	4-2-1-3	W2
d-Detroit	49	30	13	4	2	166	143	65	16-5-6-1	15-7-1-1	6-3-0-1	W1
d-Dallas	50	30	15	1	4	147	137	66	16-6-1-3	14-9-0-1	7-2-0-1	W1
Nashville	50	27	17	4	2	134	119	60	11-4-3-2	16-13-1-0	6-4-0-0	L2
Anaheim	52	28	20	2	2	140	146	60	17-7-0-1	11-13-2-1	7-3-0-0	W2
Phoenix	51	25	17	6	3	149	145	59	10-9-3-2	15-8-3-1	6-4-0-0	W1
Chicago	50	26	20	2	2	157	139	56	16-13-0-0	10-7-2-2	4-3-0-1	L2
Colorado	50	25	19	6	0	161	165	56	14-11-3-0	11-8-3-0	4-5-1-0	L1
San Jose	50	25	19	4	2	139	138	54	12-10-2-1	13-9-2-1	4-5-0-1	L1
Minnesota	49	25	19	1	4	130	134	55	11-11-0-2	14-8-1-2	6-4-0-0	W1
Los Angeles	50	22	22	1	0	143	124	55	17-9-1-0	10-13-0-0	5-5-0-0	W3
Calgary	51	24	21	2	4	144	152	54	14-9-0-1	10-12-2-2	6-1-1-2	W4
Columbus	49	23	21	3	2	130	152	51	12-11-0-1	11-10-3-1	3-5-1-1	L1
St. Louis	49	22	20	3	4	130	146	51	15-8-1-2	7-12-2-2	2-7-1-0	L4
Edmonton	49	15	26	1	7	122	168	38	7-13-1-3	8-13-1-3	2-7-0-1	L1

d = division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Tonight's games	Tomorrow's games
Florida at Toronto, 7 p.m.	Vancouver at Dallas, 8:30 p.m.
Ottawa at New Jersey, 7 p.m.	Phoenix at San Jose, 10 p.m.
Pittsburgh at N.Y. Rangers, 7 p.m.	Wednesday, Feb. 2
Montreal at Washington, 7 p.m.	Detroit at Ottawa, 7 p.m.
Boston at Carolina, 7 p.m.	N.Y. Islanders at Pittsburgh, 7 p.m.
N.Y. Islanders at Atlanta, 7 p.m.	Florida at Montreal, 7:30 p.m.
Chicago at Columbus, 7 p.m.	Vancouver at Phoenix, 9 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.	Los Angeles at Edmonton, 9:30 p.m.
Colorado at St. Louis, 8 p.m.	San Jose at Anaheim, 10 p.m.
Calgary at Nashville, 8 p.m.	Mediaviewer Wire Source: NS
Los Angeles at Minnesota, 8 p.m.	

SCORING LEADERS

	G	A	PT
Stamkos, TB	38	29	67
Crosby, Pgh	32	34	66
D.Sedin, Vcr	27	37	64
H.Sedin, Vcr	11	50	61
St. Louis, TB	20	40	60
B.Richards, Det	20	37	57
Zetterberg, Det	16	37	53
E.Staal, Car	25	27	52
Perry, Ana	25	26	51
Ovechkin, Wash	19	32	51
Eriksson, Dal	17	32	49
Kopitar, LA	16	33	49
Kesler, Vcr	27	20	47
Iginla, Cal	22	25	47
Giroux, Pha	19	28	47
M.Richards, Pha	17	30	47
Sharp, Chi	26	20	46
Backstrom, Wash	12	34	46
Ribeiro, Dal	18	36	46
Briere, Pha	26	19	45
Duchene, Col	20	25	45
Selmane, Ana	15	30	45
J.Carter, Pha	23	21	44
Havlat, Minn	14	30	44
J.Thornton, SJ	13	31	44
Yandle, Pgh	8	36	44
Nash, Cb	23	20	43
Heatley, SJ	18	25	43
P.Stastny, Col	17	26	43
M.Kolvi, Minn	14	29	43
Visnovsky, Ana	8	35	43
Hejduk, Col	15	27	42
Lidstrom, Det	11	31	42
Vaneik, Buf	18	23	41
Borjesson, Atl	16	25	41
Enstrom, Atl	8	33	41
Letang, Pgh	7	34	41
Skinner, Car	18	22	40
Toews, Chi	17	23	40

Bergeron, Bos	16	24	40
Plekanec, Mtl	16	24	40
MacArthur, Tor	15	25	40
T.Routur, Car	12	28	40
Ryan, Ana	22	17	39
J.Williams, LA	18	21	39
Laed, Atl	16	23	39
Datsyuk, Det	12	27	39
Dubinsky, NYR	17	21	38
Cowles, SJ	13	25	38
J.Johnson, Car	12	26	38
Grabovski, Tor	20	17	37
Neal, Dal	20	17	37
D.Brown, LA	17	20	37
Backes, STL	16	21	37
Malkin, Pgh	15	22	37
Elias, NJ	13	24	37
Getzlaf, Ana	13	24	37
P.J.Kane, Chi	13	24	37
Tangway, Cal	12	25	37
Franzen, Det	21	15	36
Marleau, SJ	18	18	36
Tavares, NYI	18	18	36
Sloan, STL	15	21	36
Leino, Pha	11	25	36

NHL ALL-STAR MVPS
(NOT AWARDED BEFORE 1962)
(X-GOALTENDER)
2011 - Patrick Sharp, Chicago
2010 - Game Not Held (Olympics)
2009 - Alex Kovalev, Montreal
2008 - Eric Staal, Carolina
2007 - Daniel Briere, Buffalo
2006 - Game Not Held (Olympics)
2005 - Game Not Held (lockout)
2004 - Joe Sakic, Colorado
2003 - Dany Heatley, Atlanta
2002 - Eric Daze, Chicago
2001 - Bill Guerin, Boston

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	50	30	16	1	3	161	137	64
Portland	48	29	14	4	1	166	143	63
Worcester	48	22	18	2	6	126	145	52
Connecticut	49	22	20	2	5	133	135	51
Providence	47	22	21	3	1	118	146	48
Springfield	48	22	22	1	3	145	156	48
Bridgeport	48	19	23	3	3	133	154	44
EAST DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pt
W-B/Scranton	48	36	12	0	0	163	117	72
Hershey	46	29	14	1	2	158	107	61
Norfolk	48	24	14	7	3	164	134	58
Charlotte	49	26	18	1	4	168	156	57
Binghamton	49	24	20	2	3	156	137	53
Albany	46	18	25	0	3	118	164	39
Syracuse	48	16	26	2	4	114	159	38
Adirondack	49	15	29	2	3	113	171	35

WESTERN CONFERENCE

NORTH DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pt
Hamilton	47	27	15	1	4	140	112	59
Manitoba	46	26	14	1	5	134	112	58
Lake Erie	52	24	21	3	4	135	139	55
Toronto	50	23	20	0	7	144	145	53
Abbotsford	49	22	20	2	5	111	137	51
Grand Rapids	49	22	21	1	5	137	151	50
Rochester	49	21	23	3	2	136	159	47
WEST DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pt
Milwaukee	47	26	13	2	6	128	116	60
San Antonio	49	29	18	2	0	157	139	60
Houston	51	28	19	1	3	135	137	60
Peoria	48	28	17	2	1	132	122	59
Oklahoma City	50	26	17	2	5	165	145	59
Texas	47	26	15	3	3	132	124	58
Chicago	52	25	22	2	3	165	172	55
Rockford	45	19	20	2	4	116	132	44

Note: Two points awarded for a win, one for an overtime or shootout loss.

ALL-STAR WEEKEND

Last night's result
All-Star Game
Western Conference vs. Eastern Conference
Sunday's result
At Hershey, Pa.
Skills Competition
East 19 West 7
Thursday's games
Norfolk at Charlotte, 7 p.m.
Peoria at Oklahoma City, 8:05 p.m.

LACROSSE

NLL

EAST DIVISION							
	GP	W	L	Pct.	GF	GA	GB
Toronto	5	4	1	.800	62	50	—
Philadelphia	5	2	3	.600	46	45	1
Buffalo	4	2	2	.500	38	38	1½
Rochester	4	2	2	.500	38	48	1½
Boston	6	3	3	.500	55	46	1½
WEST DIVISION							
	GP	W	L	Pct.	GF	GA	GB
Minnesota	4	3	1	.750	46	37	—
Calgary	6	4	2	.667	71	69	—
Washington	5	2	3	.400	59	64	1½
Colorado	4	1	3	.250	39	41	2
Edmonton	5	0	5	.000	44	59	3½
Week Four							
Saturday's results							
Calgary 12 Edmonton 11 (OT)							
Toronto 8 Buffalo 5							
Boston 16 Rochester 7							
Minnesota 11 Washington 10 (OT)							
Philadelphia 12 Colorado 11							
Friday's results							
Calgary 15 Edmonton 11							
Philadelphia 11 Boston 5							
WEEK FIVE							
Friday, Feb. 4							
Minnesota at Buffalo, 7:30 p.m.							
Saturday, Feb. 5							
Philadelphia at Rochester, 2 p.m.							
Toronto at Boston, 7:30 p.m.							
Washington at Colorado, 9 p.m.							

GOLF

WORLD RANKING

Through Jan. 30		
1. Lee Westwood	Eng	8.75
2. Martin Kaymer	Ger	8.14
3. Tiger Woods	USA	6.97
4. Phil Mickelson	USA	6.49
5. Graeme McDowell	Nlr	6.46
6. Paul Casey	Eng	6.38
7. Steve Stricker	USA	6.03
8. Rory McIlroy	Nlr	5.94
9. Jim Furyk	USA	5.53
10. Luke Donald	Eng	5.44
11. Ernie Els	Saf	5.23
12. Ian Poulter	Eng	5.08
13. Matt Kuchar	USA	4.86
14. Dustin Johnson	USA	4.69
15. Retief Goosen	Saf	4.50
16. Robert Karlsson	Swe	4.43
17. Francesco Molinari	Ita	4.42
18. Bubba Watson	USA	4.14
19. Louis Oosthuizen	Saf	4.06
20. Edoardo Molinari	Ita	3.80
21. Hunter Mahan	USA	3.82
22. Tim Clark	Saf	3.79
23. Miguel A. Jimenez	Esp	3.78
24. Charl Schwartzel	Saf	3.66
25. Adam Scott	Aus	3.48
26. Robert Allenby	Aus	3.41
27. Geoff Ogilvy	Aus	3.40
28. Zach Johnson	USA	3.38
29. Anthony Kim	USA	3.33
30. Rickie Fowler	USA	3.32
31. Justin Rose	Eng	3.23
32. Padraig Harrington	Ir	3.20
33. Kim Kyung-Tae	Kor	3.20
34. Peter Hanson	Swe	3.13
Also		
139. Stephen Ames	Can	1.11
196. Mike Weir	Can	0.83
206. Graham Delaet	Can	0.81

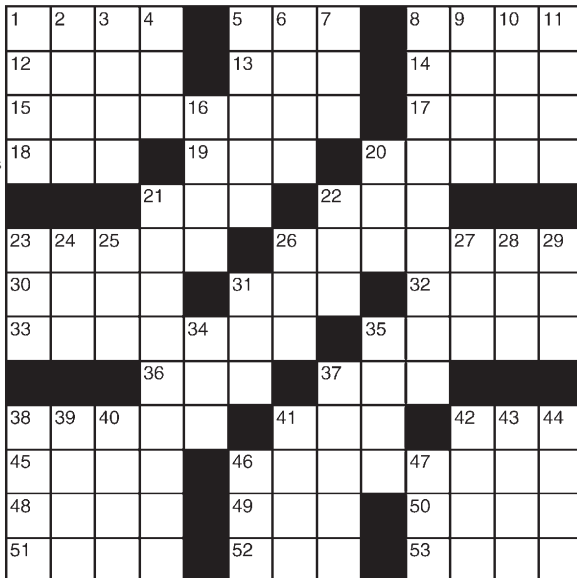
Crossword

Across

1 Uncomplicated
5 Spring mo.
8 Malay prince
12 Albacore, e.g.
13 Tall tale
14 Unendingly
15 Made into a ball, as paper
17 Appear
18 Crone
19 Succor
20 Dwight's predecessor
21 Sermon subject
22 Kipling lad
23 Become established
26 Having dents, as a golf ball
30 Mosque VIP
31 Enjoyment
32 Turner of Hollywood
33 In need of ironing
35 Rushmore figure
36 Depressed
37 Foundation
38 Paint ingredient
41 Raw rock
42 Fuss
45 Settled down
46 Trod on
48 Director Premiering
49 Pale
50 Scandinavian city
51 Any day now
52 Antiquated
53 Active one

Down

1 Engrave
2 Atmosphere
3 Like a bug in a rug
4 Sweet potato

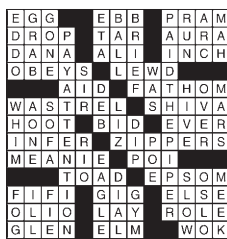


5 Exhausted
6 The — Piper
7 Scarlet
8 Tasted again
9 State with certainty
10 Razz
11 Group of soldiers
16 Analgesic's target
20 That guy
21 Fool
22 Family
23 Round Table address
24 Ostrich's cousin
25 Highlander's hat
26 Flop

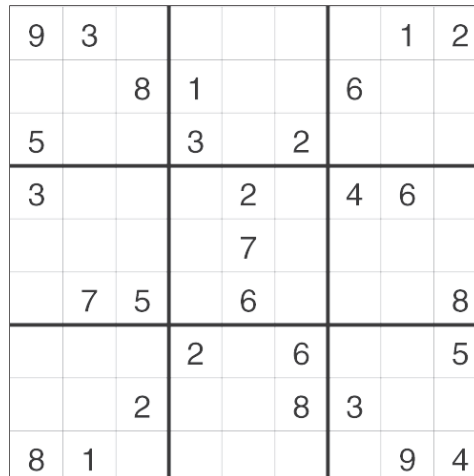
27 Young fellow
28 Conclusion
29 24 hours
31 Not many
34 Bagel topping
35 Abound
37 Stigmatize
38 Neighbor of Cambodia
39 Choir member
40 Puente of mambo music
41 Exam format
42 As well
43 Drop a letter?
44 Smell

46 Pair
47 Pea holder

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

1	9	3	8	5	4	6	7	2
8	2	7	3	6	1	4	5	9
4	6	5	9	2	7	1	8	3
2	7	4	6	1	3	5	9	8
3	1	6	5	8	9	2	4	7
9	5	8	4	7	2	3	6	1
5	4	9	2	3	8	7	1	6
7	8	2	1	4	6	9	3	5
6	3	1	7	9	5	8	2	4

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear JE, I can't believe my dream came true and that we're finally together. I've been waiting for this day since the first time we met. I'll never forget that day and can't wait to spend the rest of our lives together. I love you... SARAH BELLUM

Happy Birthday J.C. I hope you have a birthday as amazing as you are. You truthfully complete me. Can't wait to see you! UR SNUGGLE BUNNY XXXXXX'S <3

Coral, we are so proud of you.. You're an amazing mommy. Thank you for mahaya.. LOVE MOM AND MARK

Natalee, Have I told you today how much I love you? SCOTT

Babuuu, wanted to thank you for always being so understanding and supportive of everything I do. TIMI TAM

Today's horoscope

♈ Aries March 21-April 20 You may be desperate to show what you can do, but don't be so reckless that you do something silly and make a fool of yourself. Please, stick to what you know best.

♉ Taurus April 21-May 21 Raise your sights high and believe that you can create something meaningful. Others may try to persuade you to use your talents to make serious money, but it's the sense of achievement that drives you.

♊ Gemini May 22-June 21 You don't need to alter anything — your life is perfect just as it is. Why tamper with methods and routines that have done well for you in the past? Why interfere with what works?

♋ Cancer June 22-July 22 Your instincts may not be as reliable as they usually are today, so think twice before making changes. You can, however, rely on friends and relatives to give you good advice.

♌ Leo July 23-Aug. 23 Someone you work with will fall out of favour today, but don't feel too sorry for him or her because if your roles were to be reversed her or she would not care about you.

♍ Virgo Aug. 24-Sept. 22 Push your luck a bit today. By all means, believe that great things are possible. Friends, colleagues and even your boss will be jealous of your popularity. They will be more jealous that you're so modest about it.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 You must not agree to do anything that goes against your principles. You may not think much of it, but you won't be able to live with yourself when you see the consequences.

♏ Scorpio Oct. 24-Nov. 22 No one in his or her right mind would get in the way of a Scorpio in a hurry, but a friend will do everything to block your path today. Maybe it's because he or she fears for your safety.

♐ Sagittarius Nov. 23-Dec. 21 People may want to make you feel bad by pointing out your failures, but no one is perfect. The fact that you got something wrong is evidence that you took a chance and made an effort.

♑ Capricorn Dec. 22-Jan. 20 You can expect some kind of windfall over the next few days, but it may not be of a purely financial nature. You will be as lucky in love.

♒ Aquarius Jan. 21-Feb. 18 The more you want to do things one way, the more friends and relatives want to do things another way. Just this once, let them win. You won't lose by allowing them to call the shots for a change.

♓ Pisces Feb. 19-March 20 You may be tempted to get angry with someone who has let you down but what's the point? If you think about it for a moment, you will realize you didn't lose anything of value. Let it go. SALLY BROMPTON

Caption contest



You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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+Taxes & other fees: \$170

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Occidental Grand Punta Cana

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\$999

+Taxes & other fees: \$170

DOMINICAN REPUBLIC | Punta Cana

Gran Bahia Principe Punta Cana

All-Inclusive • Junior suite • Feb. 5 & Mar. 19 • 1 wk.

\$1299

+Taxes & other fees: \$170

GRENADA via Toronto

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\$1169

+Taxes & other fees: \$187

ANTIGUA via Toronto

St. James's Club and Villas

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\$1829

+Taxes & other fees: \$202

CUBA | Santa Clara

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+Taxes & other fees: \$154
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CUBA | Varadero

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\$1199

+Taxes & other fees: \$154
Departure tax: 25 CUC cash, paid locally

MEXICO | Cancun/Riviera Maya

Occidental Grand Xcaret

All-Inclusive • Deluxe rm. • Apr. 2 • 1 wk.

\$1049

+Taxes & other fees: \$245

MEXICO | Cancun/Riviera Maya

Gran Bahia Principe Tulum

All-Inclusive • Standard rm. • Apr. 2 • 1 wk.

\$1399

+Taxes & other fees: \$245

MEXICO | Los Cabos via Toronto

Royal Solaris Los Cabos Resort All Inclusive & Spa

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7011 Rocky Tan



Nike
7011 Rocky Tan



Gucci
1551 White Beige



Lacoste
12044 Black



Vera Wang
165 Lapis Tortoise



Kam Dhillon
3025 Purple



Ralph Lauren
6007 5032 Tortoise



Ltede
1040 Grey



DKNY
4517 3113 Black Beige



D&G
1152 501



GANT
Margit Black



Cynthia Rowley
224 Blueberry



Republica
Vancouver Brown



Modo
3004 Jasper



Ralph Lauren
6007 5032 Tortoise



Anne Klein
8090 901



Vera Wang
165 Lapis Tortoise



DKNY
4517 3113 Black Beige



Lacoste
12044 Black



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